KHAO LAK MAGAZINE

Free Copy

2004 Vol. 2 No. 11 December

KHAO LAK INSIDE

Message from Governor Tourism Authority of Thailand

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Teruetyloa Khao Lak : IIN

Message from the Governor Tourism Authority of Thailand

It gives me great pleasure to offer my wholehearted congratulations to 'Khao Lak Inside' magazine on the occasion of this English language publication's first anniversary. The initiation of this magazine comes at a time when Thailand is receiving more and more travellers who have fallen in love with all that our country has to offer.

The Andaman coast has also become better known as an exotic worldclass destination. This region's myriad of natural and cultural treasures of alluring islands and beaches with bizarre rocky outcrops, spectacular plantations, and traditional southern lifestyles are only some of the exciting diversity awaiting travellers.

Idyllic Khao Lak, also located on the Andaman Sea, has been developed into a sustainable haven for those looking for a peaceful hideaway. With the objective of further promoting Khao Lak as well as other nearby locations such as Phuket and Krabi, 'Khao Lak Inside' magazine will definitely be beneficial in informing the travelling public in our target markets of the variety of aspects along Thailand's southwest coast.

Therefore, once again, on behalf of the Tourism Authority of Thailand (TAT), I would like to extend my best wishes to the management and staff of 'Khao Lak Inside' magazine and wish them all success in their future endeavours in the promotion of Khao Lak and the Andaman region to the world.

JUTHAMAS SIRIWAN
Governor

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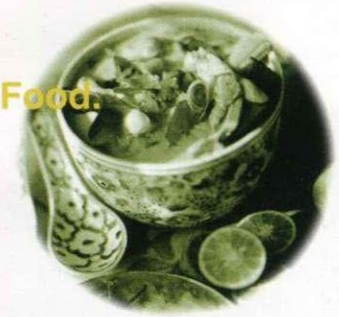

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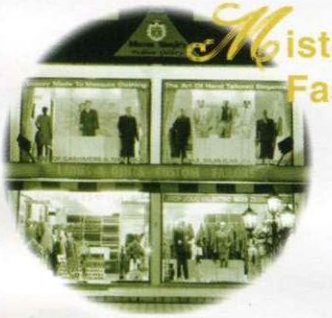

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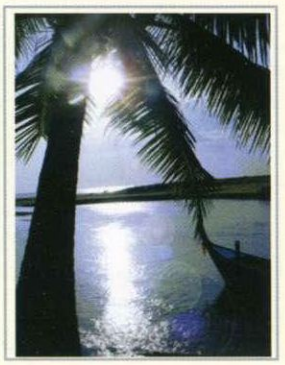
Let us all take a moment to appreciate His Majesty, King Bhumibhol Adulyadej for everything he has done for Thailand. His Majesty is more than just a beacon of hope and symbol of unity for his people. Through dedication and by example, he has earned not merely the trust and respect of his subjects, but their deep reverence and acceptance of his wisdom. His Majesty is indeed this country's guiding light.

The longest reigning monarch in the world, His Majesty's contribution especially in areas such as rural development, agriculture, land and water resources, public health and education has benefited countless lives. Every year December 5th we celebrate His Majesty's birthday and since he is our country's fatherly figure, we also celebrate Father's Day on this special day. The team at *Khao Lak Inside* would like to take this opportunity to wish His Majesty a very Happy Birthday and the best in everything for him.

Over the past year, there has been a huge growth in visitors traveling as a family. As enjoyable as that is, sometimes parents crave to have some private time on their own. So to cater to that section of parents and children of different age groups, our article on Phuket shows different activities for children to enjoy, some that they can do as a family or otherwise.

We're in the last month of the year. The holiday season is approaching and you can feel it in the air. Christmas decorations everywhere, buildings and cities lit up to welcome 2005. The year has just flown by, hasn't it? We still have the month though, so all I can say is… ENJOY!



KHAO LAK INSIDE

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Getting to Khao Lak

Getting to Khao Lak isn't the least bit difficult. This tranquil beach nestled on the beautiful waters of the Andaman can be reached by air, by bus, by car or by train. A flight into Phuket International Airport, followed by a road trip of a further 80 kms to Takuapa town and within an hour you will be in Khao Lak. Most hotels and resorts there have an airport transfer service.

By Air

Several carriers now fly directly to Phuket's International Airport from locations abroad, making a stopover in Bangkok unnecessary. Particularly in the high tourist season, flights come directly from all over Asia, Australia and Europe. It is still the trend for many tourists to come through Bangkok however, catching domestic flights via Thai Airways, which run regularly through the day, 7 days a week. Bangkok Airways have also started operating flights to and from Phuket on a daily basis.

By Train

Train lovers can travel from Hualomphong Station in Bangkok to Surathani Province, and catch a bus from there to Takuapa (Khao Lak). Travel to Surathani by train takes approximately 12 hours, with various classes of seating available ranging in price from 187 Baht to 1040 Baht. Train schedules for the State Railway of Thailand can be found by contacting Tel: 0 2220 4334. Advance tickets are available at all principal stations or the Bangkok Advance Booking Office.

By Bus

Bus services and coach journeys to destinations from Bangkok are reliable and very inexpensive. They are also relatively punctual. You can select either government or private bus services.

The Transport Company, a state enterprise, operates public bus services. Both ordinary and air-conditioned buses are available. And you can opt between first or second-class air-conditioned bus. For long-distance destinations like Takuapa (Khao Lak) and Phuket, food and beverages are served on the air-conditioned buses. Buses also make scheduled stops at local restaurants for about half an hour, where you can take time to fill your stomach and use the toilets. Buses depart from Southern Bus Terminal (Sai Tai Mai) which is located at Boromrat Chonnani Rd. Tel. 0 2435 5605, 0 2433 9613 Apart from government-run buses, you can choose a private bus service, available between the major tourist and business destinations. Fares may vary from company to company but can be substantially more than public buses.

Cab drivers are a part of every tourist city... or so we think! In Thailand, aside from Bangkok, most other cities and tourist destinations in the country don't use the conventional looking taxi that we consider the norm. Even though they call themselves 'taxi service', their system is a little different. To start with, there are no meters, therefore you should make it a point to settle the price before you get on to avoid any sort of trouble that may arise later.

What is in use here are 'songthaews', local buses that run throughout the city. Khao Lak too employs them as its medium of getting people from one place to another. There is nothing like a stand or stop so you have to flag them on the road itself. It is large enough to carry a number of passengers hence you can just check to make sure the direction you're headed and get on one. They are convenient and you can find them just about everywhere. If you desire to go to any place in particular that is out of the regular route, you can decide so with the driver and negotiate your price. Since they're all open backs, you get to see the place with all the sights and sounds making it an experience you're most likely to remember.

When in Khao Lak, and desiring to travel to nearby areas of Bangniang, Pakarang, Takuapa, Taplamu etc. or within Khao Lak itself you can contact Mr. Ponleard Vinidee at 09-4699108 or Mr. Yongyuth at 01-4775950, Khao Lak taxi service to plan your drive there.

Hire Cars and Motorbikes

Private cars, jeeps and small motorbikes can be hired from most major hotels, and from private dealers off the street. If you really want to explore, having your own vehicle is the best way to go. It's important to check that full insurance coverage is included and that you have the appropriate licenses at hand in case of accident. Note that motorcycle hire is extremely risky as insurance is usually not included - regardless of what you are told. You don't want to find yourself liable for damages and medical bills. A Thai or an international car license is mandatory for the purposes of claiming successfully for insurance in case of accident with a vehicle. Our recommendation is drive carefully and enjoy your holiday.

Pornlert Viraidee (NU) 0 9469 9108

Kobin 0 9723 3559

Motorcycle Taxis

During the day and night, groups of motorcyclists can be seen lurking on street corners or cruising the streets wearing colored vests and trying to get your attention. These are the motorcycle taxi drivers who will take you anywhere around town for a fee. Again the price can vary depending on the distance you want to travel and your bargainig skills. Not the safest mode of transport but can be convenient especially when you are in a hurry or even over short distances.

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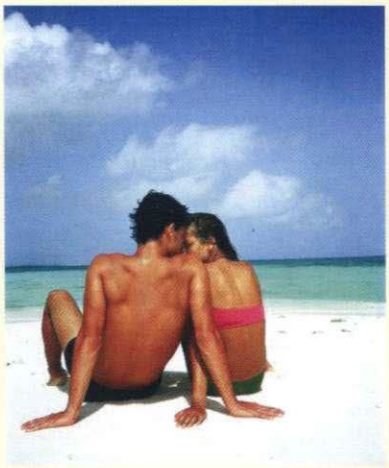
Khao Lak

Khao Lak Facts

Geography and landscape

Khaolak lies in the Takua Pa district of Phang Nga province, in the south of Thailand. Phang-Nga is situated on the West Coast facing the Andaman Sea, and lies within 1-2 hrs driving distance of popular tourist destinations such as Krabi in the east, and Phuket in the south. A primarily agricultural province, Phang-Nga produces rubber and food crops such as rice, vegetables and fruit. A large proportion of the province is still comprised of forest, much of which is designated national park area.



Khaolak itself is a national park area, resplendent with rich natural attractions and a convenient departure point to a number of Phang-Nga's many points of interest, including the famous Similan Islands, and Surin Islands in neighboring Ranong Province. Khaolak's strong attraction is the beauty of its natural surroundings -bordering the Andaman Sea on one side, and surrounded by natural forest on other sides.

Climate

Visitors to Khaolak can expect to find the weather to be warm all year round. If really hot weather is not your style, the cool NE monsoon season, from November though March, is the least humid and perhaps the coolest of times to visit with the cool breeze keeping things comfortable. The average temperature is around 75F to 89F (24C to 32C) at this time. For sun lovers, the hottest time is from April through May, with temperatures ranging from 80F to 95F (27C to 36C). There are frequent short, heavy, thundershowers offering welcome relief from the temperature and humidity.

June, July and August is less hot, and though the weather is generally fine, there can be brief but heavy showers, with plenty of sunshine between downpours. Temperatures range between 70F and 90F (20C to 33C). During September and early October the monsoon sets in but even then there are long intervals of sunshine between the heavy showers. Khaolak is enjoyable at any time of year however its best to avoid rain as most activities and excursions, both water- and land-based are better enjoyed without it.

Travel around

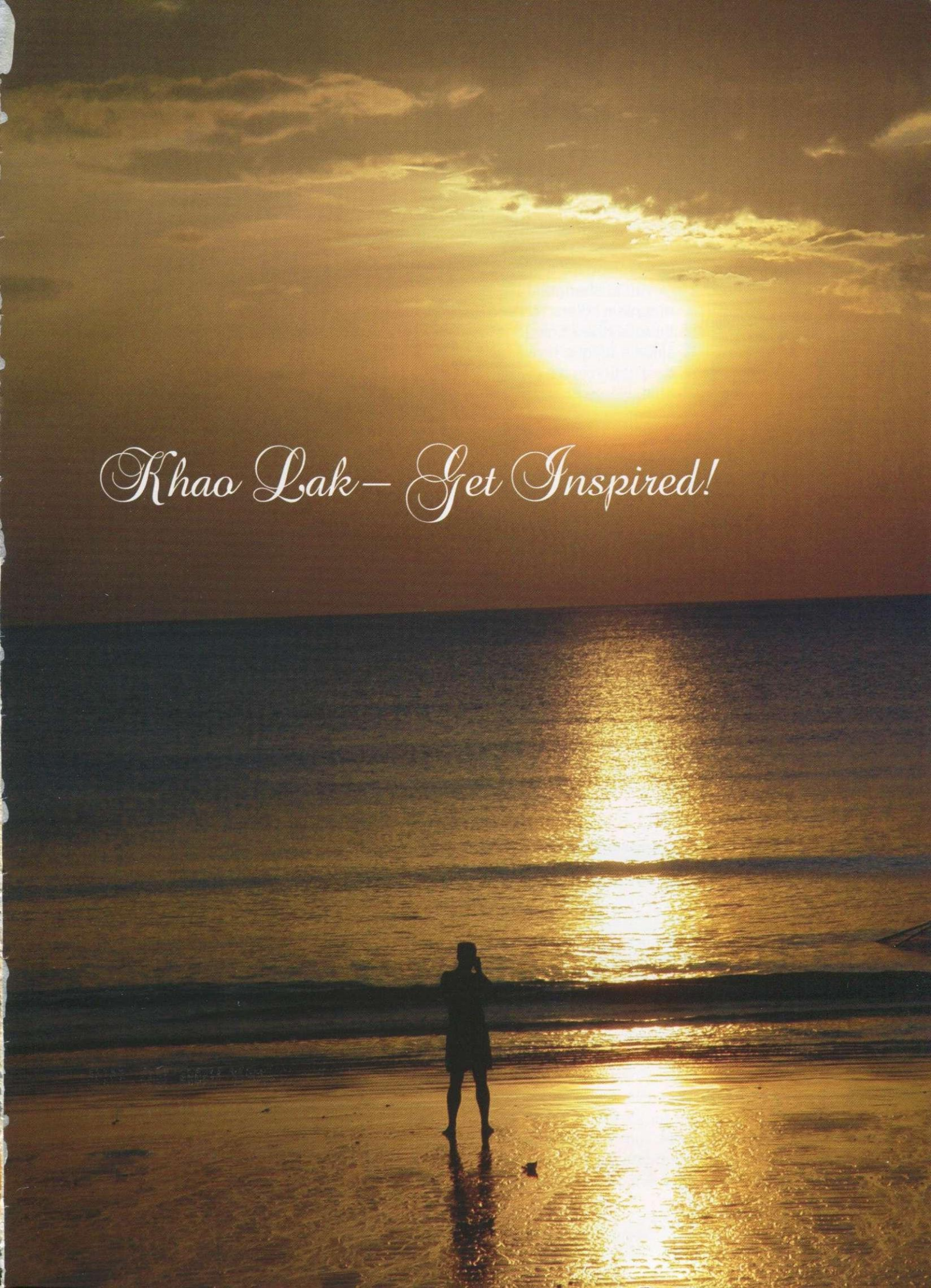
The easiest way to get around in Khao Lak is by car or motorbike. Local taxi trucks or songthaews as they are known here are also a good option. Trips out to small islands off the mKain land can be easily made by longtail boats - arranged through agents at any of the hotels and guesthouses in the area. For other further ventures there are local bus services that will take you to any district you want to go. The most convenient method of travel around however is by Songtaew, easily hired from any town by the trip or for the entire day. Jeep and motorbike rentals are also widely available.

Things to do

There is so much to do in Khao Lak. Don't allow the lack of heavy commercialization of the town to fool you that it is void of exciting activities. In the past most tourists visited Khao Lak as it is the nearest jumpstart to the popular diving spots of Similan and Surin islands. Today that isn't the only reason anymore. Khao Lak itself has gained quite a reputation as a very pristine and picturesque place. So lets have a look at the available activities.

Diving

Khao Lak first became known as a convenient jumping-off point to the world famous Similan Islands, rated as one of the worlds top ten diving destinations! There is a bleak possibility that a traveler that has visited Khao Lak hasn't made at least one trip to the nine islands about 80 kilometers off the coast of Khao Lak. In fact, most people continue to return to visit this fabulous destination for years! They are so awestruck by the beauty both above and underwater. Because Khao Lak is much closer to the Similans than Phuket, traveling from here is more convenient and also cheaper.


Khao Lak – Get Inspired!

Khao Lak

Trekking

The hinterland of Khao Lak is dotted with dozens of waterfalls that are all within a short motorcycle ride away from the beaches. The further away you go, the more mountainous and rugged the landscape becomes. For visitors looking for a little more action, Khao Lak is a virtual shangri-la for mountain bikers. Then there is Khao Sok, long since a unique travel destination in it's own right. Home to one of the highest mountains in the south of Thailand, this area also has a quaint freshwater lake that is home to some unique underwater flora and fauna.

There are a number of trekking trails that you can combine with other activities to make your trip more exciting. For instance you can trek on an elephant the first half of the morning and continue on your own foot later. Elephant trekking is a wonderful way to see nature at its best. The tropical rainforests make for a very interesting ride with all sorts of animals from tigers to elephants to gibbons to a large species of birds all in their natural habitat.

Canoeing

Another popular activity, most visitors immensely enjoy this activity. Khao Lak is in Phang Nga province, the heart of the most remarkable landscape of the country with innumerable limestone formations dotting its coasts. With its extraordinary seascape of limestone outcrops separated from one another and cliffs rising sheer from the sea, the bay is a must for visitors to go sightseeing by long-tail boat, motor boat or canoe. The small size of a canoe enables tourists to enter inner chambers of the cave systems on sea with a beautiful world inside. Even in the national parks there are scenic views of verdant forests that can be explored on a canoe. Ton Patiwat Wildlife Sanctuary is another place, a luxuriant forest with a waterfall and stream that is great to tour by canoe.

Places to visit

Khao Lak has quite a few interesting places that are worth a visit. Whether cultural, traditional or natural, it is just waiting to overwhelm you with all its beauty.

Temple caves

Wat Tham Suwankhuka (Heaven Grotto Temple)
This is a cave shrine featuring Buddha images that lies 5km past the small town of Takua Thung, not too far from Phang-Nga town. The cave is interesting for its reclining Buddha which lies in one of 2 caverns, and inscriptions of the royal seals of King Rama V, VII and IX on one of the walls of the second cavern.

Waterfalls

Chongfah
Chong Fah Falls lie about 5 kms north of Khao Lak along the main coast highway from Phuket up to Takua Pa. It is easily accessed by rental jeep or a motorcycle.

Lumpee
Heading 20 km south from Khaolak towards Thai Muang district lies the Lumpee falls. This waterfall is medium-sized and divided into three levels, each about 100 meters high. It flows all year round and is very beautiful.

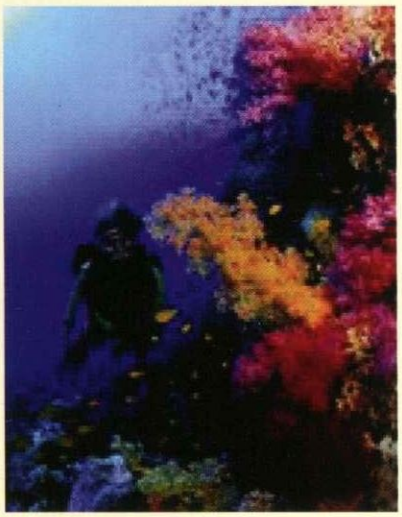
Tohn Prai
The Tohn Prai is a large waterfall situated in Thai Muang National Park. To get there you have to drive to within 1 km of the falls then continue on foot. The hike to the falls is most enjoyable during dry season.

"The further away you go, the more mountainous and rugged the landscape becomes."

Reefs

Coral Reef

Off shore from Khao Lak beach are some coral gardens that make for interesting snorkeling and diving trip. Reached by longtail boat, the trip takes about 45 minutes and can be organized through local operators that dot the road in front of the beach.



Thai Muang Beach (Turtle Beach)

This beach is located in Thai Muang National Park at the southern end of Phang-Nga province. The 20-km stretch of shoreline is clean and excellent for swimming. During the months of November through to February, sea turtles come out to lay their eggs. The different species include the leatherback turtle amongst others, although in recent years numbers and sightings have reportedly been on the decrease.

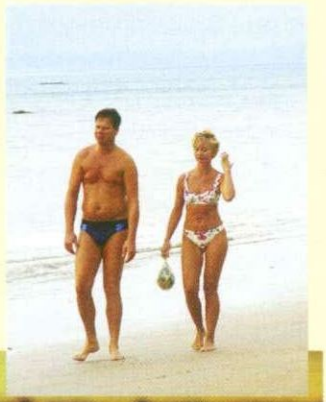
Bang Sak Beach

North of Khaolak beach in Tambon Bang Muang, the Bang Sak beach features a long strip of fine white sand shaded by casuarina trees. A popular spot for picnics with locals, there are several seafood stalls set up along the road that makes for a very interesting visit. The beach is a kilometer off Highway 4, about 14kms out of Takua Pa town.

Beaches

Khaolak Beach

Described as a sleepy beach, Khaolak beach is a long stretch of white sandy beach running parallel to Khao Lak mountain. The beach is naturally decorated with granite boulders creating a stark contrast making the place even more magnificent. The area, though a very well kept secret for many years, is now one of the target holiday destinations for those seeking the ultimate getaway. With a number of resorts now located along the beach, visitors can find quiet peace in modern, luxurious surroundings, and use it as a venture point to some of the wonderful natural attractions of Phang-Nga province.



Health is a person's biggest asset. Some know that and take every pain to ensure that they give their health the kind of attention it needs. The 21st century has brought with it many changes and one of the most important being an increased interest in health. There is also an increased interest in preventing aging, capturing the vitality of youth and placing it back in the lives of people so that they remain young as long as possible. How are people doing that? They have started to eat healthier, exercise more and indulge more in themselves.

There is a different category of people however, that don't invest in health and it isn't uncommon to hear them complain about being overweight, having back pain or aching joints or not having peace of mind. After all, life in the 21st century also moves at an extremely fast pace. To be successful, one has to be ahead of the race. What with increasing career pressure and deadlines to meet, people are so drained out that sometimes the very thought of exercise or rather removing time for the same repels them and they tend to lose out on fitness. Then again, they never find time to cook a healthy meal. Isn't it much easier to pick a double cheeseburger from a fast food joint and a large latte from the coffee shop? Who has the time anyway?

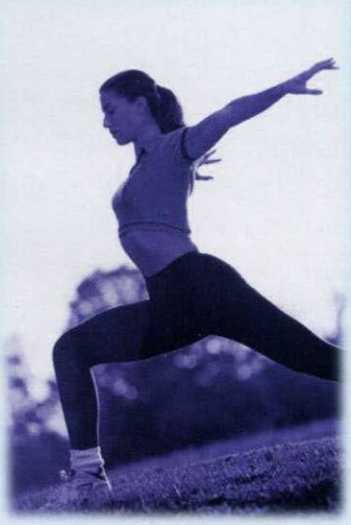
It isn't only work pressures any more these days, the pressure to look good – thin and young – is higher than ever. Losing weight has become a fad, something that someone at some point of time is trying to do. Many of them end up doing it in the unhealthiest way possible, for instance starving themselves. One thing is for sure, without exercise the weight loss is less likely to remain permanent.

Many people though cringe at the thought of cardiovascular exercise. They feel it is just too much for them. So we decided to introduce yoga as an alternative to weight loss. Yoga offers a complete workout accompanied by a great feeling of peace, deep inside

The word Yoga means 'union' ~ the union of breath to the body, of the mind to the muscles, and most importantly of the self to the divine. The practice believes that there is one absolute reality that underlies everything in the universe. This ancient Indian discipline is highly relevant in the modern day context, where the outside world has become more restless and life is full of strife and tensions because Yoga provides the perfect panacea. It has been proven as a scientific method for curing and preventing common as well as rare and acute diseases. Different Yoga postures (asanas) are not merely physical, contortionist exercises. Rather, the specific asanas act as a bridge that unites the ephemeral and limited human body with the divine, eternal, infinite soul.

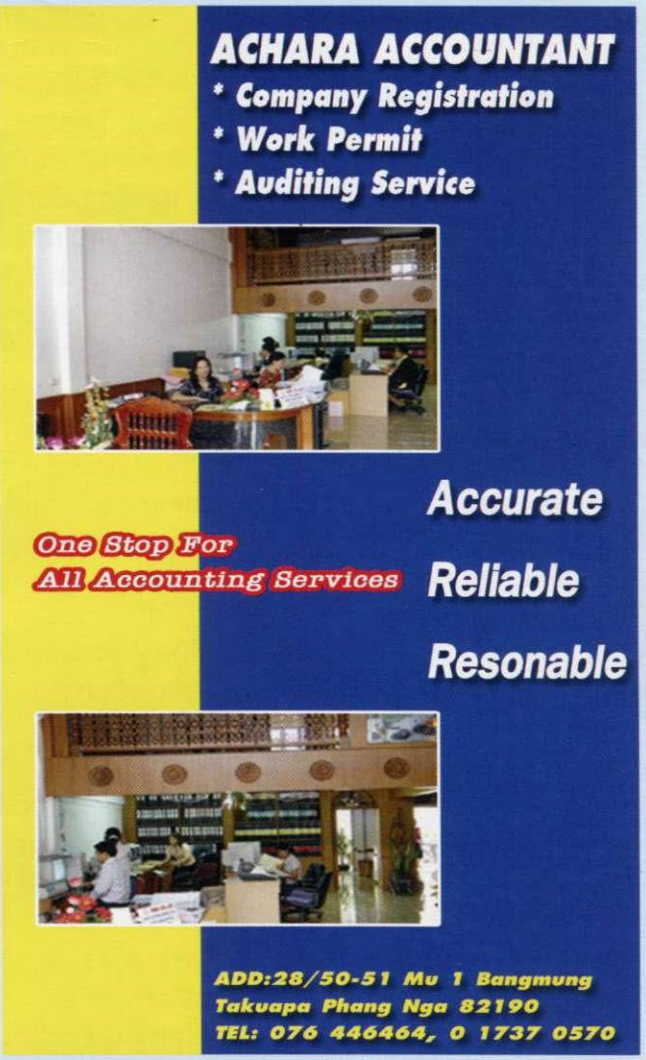
Yoga as a practice itself helps you burn calories. You'll be surprised to learn that in addition it can also help you burn more calories during other types of activities. Take walking, for example. Yoga improves flexibility, strength and posture, three factors that are important for proper walking technique. The more flexible you are, the more strength you have, and the more upright your posture, the longer and faster your walking stride. The longer and faster your walking stride, the better walker you are and the more calories you burn.

Your metabolism will also get a boost from yoga because it helps build muscle. The more muscle you have, the more calories you burn, even while at rest. Furthermore, according to Yogic philosophy, your thyroid gland (an organ that directly affects metabolism) is stimulated by performing yoga on a regular basis; certain poses are believed to balance the function of the thyroid thus assisting in weight management.

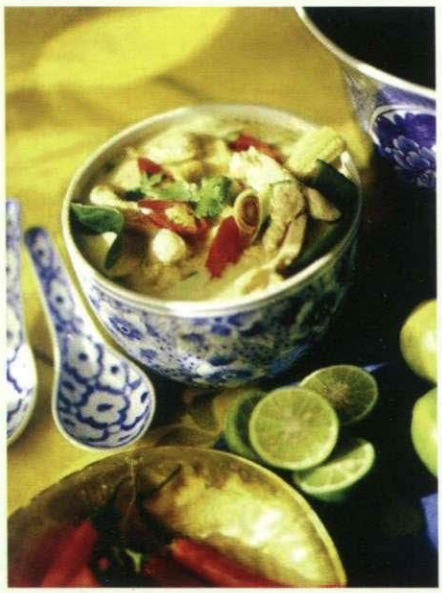


For emotional eaters, there is another, not so obvious way that yoga can help weight loss efforts. If you tend to reach for a candy bar or bag of chips every time you feel emotional, try a yoga class instead. Yoga helps calm your mind, slow your breathing and reduce feelings of depression and anxiety. Learning to relax and deal with your feelings may help you avoid bingeing and overindulging.

So can yoga be useful in your efforts to slim down? Absolutely. Who wouldn't look and feel better with stronger, suppler muscles and improved posture? Who couldn't benefit from a little relaxation and stress reduction? Yoga can be a wonderful compliment to the rest of your exercise routine and a welcome antidote to all of the pumping, pounding and stress of more traditional forms of exercise and everyday life.



Thai Food



Thai food is internationally famous. Every self-respecting city in the world has a Thai restaurant. Therefore, no trip to the kingdom is complete without this great culinary experience. And no, a sampling is just never enough. They say a country's cuisine says a lot about its people, their lifestyles and to an extent even its history.

Long before the term 'fusion cuisine' became a part of the vocabulary of food lovers, such a culture had already been well established in Thailand. Thai food would never be what it is today without the influences of neighboring food styles. Its larger neighbors especially China and the Indian subcontinent contributed significantly to its evolution. Chinese cuisine introduced stir-fried and deep fried dishes. Rice noodles, a prominent component of Thai cuisine is distinctly Chinese. Curries are certainly evidence of Indian influence. The Portuguese are thought to have introduced the use of chilly. Originally, Thai cooking reflected the characteristics of a water-borne lifestyle. Aquatic animals, plants and herbs were major ingredients. Large chunks of meat were eschewed. Subsequent influences introduced the use of sizeable chunks to Thai cooking. There are also regional differences in Thai food, though this may not be immediately apparent.

The culinary experience should be a treat for all the senses. From the colorful and perhaps curious mix of a papaya salad to the pungency of kapi, to the ultimate assault on the taste buds from a tom yam and concluding with the pretty, dainty dessert snacks, eating Thai food ought to be a sensory experience. An ideal meal should achieve a blend of subtle, spicy, bland, sweet and sour. Thais love their food and it should be no surprise to discover how they're willing to travel distances to get that very-delicious bowl or plate of food.

In this fast pace world many of us don't really have the time to sit down to cook a big meal. So for this edition, we decided to give you a simple recipe, something that is easy to make at the same time encapsulates the real taste of Thai food. We'll make **Laab Kai** or better known in English as **spicy minced chicken with mint salad**. What it is essentially is minced chicken flavored with lemongrass, lime leaves and tossed in a lemon fish sauce dressing.

It's very low in fat, but bursts with flavour. The primary flavours are hot (from the chilli), sour (from the lime juice) and salty (from the fish sauce) If you want a circus on your tongue, try Laab Kai – you won't be dissapointed!

Laab Kai

Ingredients

1 pound minced Chicken
4 parts chopped Garlic
3 tablespoon chopped Spring Onion
2 teaspoon finely chopped lemon grass
4 sliced Red Shallots
2 - 5 bird chillies
Fish Sauce
Handful of mint leaves

Preparation

1. Heat wok or frying pan with vegetable oil on a medium heat until you see smoke.
2. Add the lemon grass and half of the shallots and stir for a minute.
3. Now add the garlic and the chicken and stir-fry until chicken is almost done and make sure to break up any lumps that form while frying.
4. Add the fish sauce and 2 chillies. Stir for a while and taste and add more chillies from personal taste.
5. Finally add the mint leaves.
6. It is best served with "sticky rice".

Do's And Don'ts

The Thai people are well known for their tolerance, hospitality and cheerfulness. They will ignore the small blunders of social etiquette that you are certain to make. For the average tourist it's very difficult to go wrong. Just smile a lot, avoid confrontation and don't insult the religion or monarchy of the country. Here are a few specific do's and don'ts worth pointing out.

The Monarchy

All members of the Royal Family are held in highest reverence in Thailand and visitors should show similar respect. Negative remarks about the monarchy will offend and may carry serve punishment in Thailand. When the national anthem is played at 8.00 am and 6.00 pm everyday and at public events or in cinemas, for example, you are expected to stand. The best guide is to check what other people are doing and follow suit.

Religion

Do not insult anybody's religion in any way, whether it is the majority religion, Buddhism or any of the minority faiths. This also extends to proper conduct in temples or any location containing religious images.

Do not wear shoes inside the main chapel of a temple compound.

Each Buddha image, Large or Small, ruined or not is regarded as a sacred object. Never climb onto one to take a photograph or do anything that might indicate a lack of respect.

In a Muslim mosque, men should wear prayer hats and women should be well covered with slacks or a long skirt, a long-sleeved blouse buttoned to the neck, and a headscarf.

Buddhist monks are forbidden to touch or be touched by a woman or to accept anything from the hand of one. If a woman has to give anything to a monk, she first hands it to a man who then presents it.

Social Norms

In the big city such as Bangkok and Phuket, Western customs are well known and widely accepted. Upcountry, traditional customs and social behavior are still used. Here are a few customs to keep in mind.

That does don't normally shake hands when they greet one another, but instead press the palm together in a prayer-like gesture called a wai. It is usually a younger person who 'wais' and elder, who returns it.

Thais regard the head as the highest part of the body, literally and figuratively. Therefore avoid touching people on the head.

Similarly the foot is considered the lower part of the body. Don't use your feet to point at either people or objects. Don't touch anything with your feet. Don't rest your feet on tables or chairs. Don't step over people – always walk around or politely ask them to move.

Shoes should remove when entering a private Thai home.

In Thai society losing your temper or even speaking loudly is a sign of poor breeding. Keeping 'face' is a paramount importance. Never raise your voice or show anger, it will get you nowhere. Keeping cool, hiding your emotions and smiling is far more productive.

Basic Thai

Thai is a tonal language. The same word (when spelt in English) can be said in five different ways – each with a different tone attached tone attached to it and hence a different meaning together.

Like English it is read from left to right, but that's where the similarities end. Some English sounds like "th" and "z" don't appear at all, while soma Thai sounds are not commonly used in English either.

There are no plurals in Thai nor are there tenses as such. A word or two is usually added to determine the past, present or future. If you run into difficulties remember to speak slowly and clearly, stick to the simple present tense and don't use slang or idioms.

In Bangkok, Pattaya, Phuket and other major cities, the level of English is quite good but tourists will find that the Thai's ability to speak English diminishes as one move further away.

In Thai there is a "politening" word attached to the end of anything you say. For men it is "khrap", for women it is "kha". The word has little if any direct translation but a Thai will think very highly of you if you use it.

Learning to count to 10 and saying "thank you" and "excuse me" will bring you great admiration from the locals. Learning the numbers also does wonders for you bargaining prowess.

Hello: sawat-dee (khrap/kha)
thank you (very much): khob khun (mahk)
never mind/that's alright: mai pen rai
excuse me: khor thod

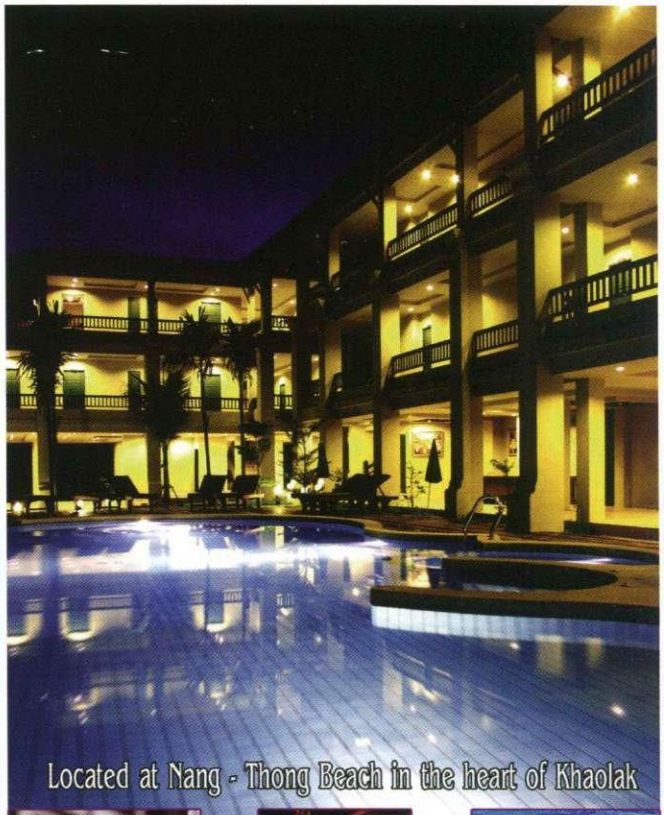
yes: chai	no: mai chai
one: neung	two: sorng
three: sahm	four: see
five: hah	six: hok
seven: jed	eight: bat
nine: gao	ten: sib
eleven: sip-et	twelve: sip-sorng
thirteen: sip-sahm	fourteen: sip-see
fifteen: sip-hah	sixteen: sip-hok
seventeen: sip-jed	eighteen: sip-bat
nineteen: sip-gao	twenty: yee-sip

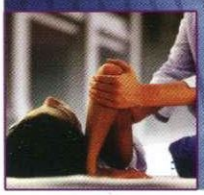
twenty one: yee-sip-eta
hundred: neung roi, roi or roi neung

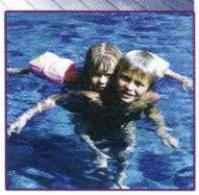
a thousand: pun
ten thousand: meun
a hundred thousand: sann
a million: lahn
I (male): pom
I (female): chun
you: hun
He/She/They: kow
we: row
it: mun
how much: tao rai
where is ...?: yoo tee ny
what time?: gee mong
why?: tummai
when?: Meua-rai
who?: Krai

Khaolak Orchid Resortel
เขาหลัก ออร์คิด รีสอร์เทล
PHANG NGA - THAILAND

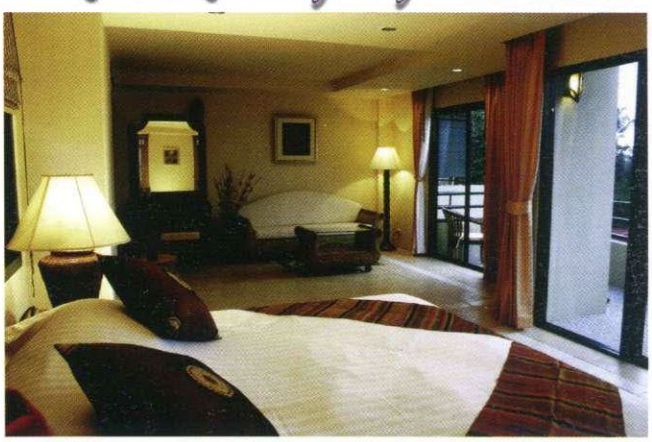
KhaoLak Orchid Resortel





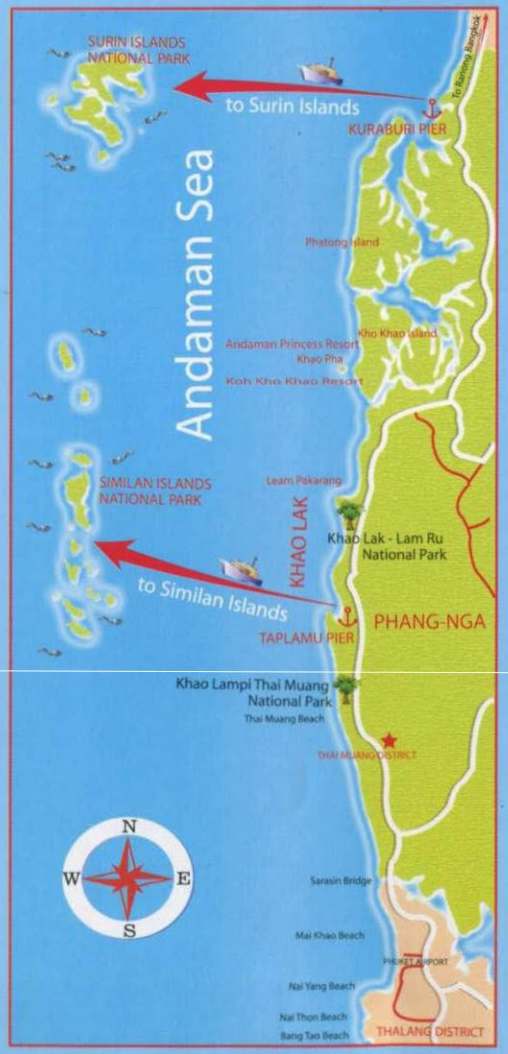


Khaolak Everybody's Paradise



Khaolak Orchid Resortel
30/27 Moo 7, Nang-Thong Beach,Takuapa, Phang-Nga 82190, Thailand
Tel: +66 (0) 76 423170-80 Fax: +66 (0) 76 423181
Website: www.khaolakorchidresortel.com
Email: reservation@khaolakorchidresortel.com

Khao Lak & Surrounding Area



Andaman Sea
Bang Niang Beach
Nang Thong Beach
Khao Lak Beach
Thai Muang District
To Phuket 98 km
Phang Nga 55 km
Krabi 124 km
to Similan Islands
PETCHKASEM ROAD
SURIN ISLANDS NATIONAL PARK
SIMILAN ISLANDS NATIONAL PARK
Similan National Park Office
Rap Rock
Ree Island
Sai Dang Bay
Jak Bay
Mai Ngam Bay
Sai Ain Bay
Pajoompa Island (Klang Island)
Mae Yau Bay
Suthep Bay
Chang Kad Bay
Pae Rock
Pakkard Bay
Khai Island (Torinta Island)
Ba Ngu Island
Ao Kuak Ma
Similan Island (Pad Island)
Hin Beach
Payu Island
Ha Beach
Ha Island
Lak Beach
Payan Island
Hin Pha
Payang Island
Huyong Island
The Sung Rest.
The Traveller Inn
Eco Khao Lak Adventure
Sun Nature Travel Service
Khao Lak Nature Rest.
Thai Boxing
D.Time Travel
Mail Thai Internet
Bank of Krung Thai
Bon Cafe'
Bang Niang Bungalow
MISTER SINGH'S FASHION GALLERY
Siam Jewellery and Thai Silk
School
Coffee House
Khao Lak Meeting Point
Madam Kitchen
Palm Beach Apartment
Bank of Ayudhya
Bubble blue scuba
My thai massage
Andaburi
Khao Lak Tropicana Beach Resort
Lah-Own Khao Lak Resort
Happy Bungalow
Happy Lagoon
Baan Suan Rest.
Khao Lak Pearl Tour
Manta Point
Big Bikes
Mex's Biker Bar
Khao Lak Karaoke
Blueshark Dive
Khao Lak Optic
Sub Aqua Center
Jin Handicraft
Image Center (AGFA)
Khao Lak Guide
Coral Grand Dive
Happy Snapper Rest.
Khao Lak Seafood
Family House
Clinic Dr. Chusak
Jai Resort
Orchid Rest.
Khao Lak Andaman Beach Resort
Phuket Divers
Khao Lak Bungalow (Gerd & Noi)
Funky Gekko
South Andaman Dive
Khao Lak Fun Diving
Arisa Salon & Reflexology
Nom Family Rest.
E- Dive
Garden Beach Resort
Sharky Bar
Rescue Center
Khao Lak Bhandari
Khao Lak Land Discovery
Nuang Massage
Khao Lak Green Beach Resort
Tarzan Safari
Nang Thong Super Market
Nang Thong Bay Resort 1
Khao Lak Bamboo
PCC Adventure
Khao Lak Sea View
Khaolak Orchid Resortel
Kon Tiki
Jungle In South Tour
Khao Lak Tourist
The Parlor Zo Beach Resort
Phuket Divers
Sea Dragon Dive Center
Tukta Bungalow
Ex
Nang Thong Bay Resort 2
Khao Lak Rest.
Internet Dive Cafe'
Khao Lak Tour
Wang Tran Bungalow
Ska Bar
Khao Lak Inn
La Muan Rest.
Khao Lak 2000 Similan Transport
Mode
Budget
G & P Mini Mart
SAWASDEE PLAZA
Viking Steak House
Ruen Mai Rest.
See Bees
Hight Class Adventure Diving
South East Asia Thailand
Sweetland Travel & Tour
Khao Lak Beach Service
Mr. Kean Tour
Baan Khao Lak Resort
Phu Khao Lak Resort
Similan Beach & Park Resort
Ristorante Da Giorgio
Khao Lak Laguna Resort
Khao Lak Resort
Khao Lak Wana Buree
Khao Lak Paradise Resort
Baan Sam Perny
Kon - Tiki
Khao Lak Palm Beach Resort
Khao Lak Bay Font Resort
Khao Lak Sun Set Resort
Khao Lak - Lam Ru National Park
Shrine House
Asia Safari
View Point
Khao Lak Nature Resort
Namtana Nature Safari Resort
Khaolak Beach Bungalow
4 Route
Sea Gill Andaman Resort
Khao Lak Merlin Beach Resort
Poseidon
Baan Lam Poo Rest.
Adventure Tour
Tublamu Royal Navy Golf Course
Chulapron Marine Park Conservatory Center
Tublamu Andaman Resort
Similan Marine National Park Office
Tublamu Pier
The Hot Spring
To Chong Fah Waterfall
Thai and Berlin Pub Ying and Gerd's
Banyan Tree Residence
Viva Mexico Rest.
Verandah Rest.
Bang Niang House
West Coat Bar & Rest.
D.Time Travel
Thai Boxing
Mail Thai Internet
Mister Singh's Fashion Gallery
SIAM JEWELRY & THAI SILK
School
Sub Aqua Center
Takeng Rest.
Phamacy
Honda
Bank of Krung Thai
Bon Cafe'
Bang Niang Bungalow
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Palm Beach Apartment
Bank of Ayudhaya
Bubble blue scuba
My thai massage
Drugstore
Andaburi
Happy Lagoon
Baan Suan Rest.
Khao Lak Pearl Tour
Manta Point
Big Bikes
Mex's Biker Bar
Khao Lak Karaoke
N
S
E
W

Take a Break

Driver illegally parks

A driver tucked this note under the windshield wiper of his automobile. "I've circled the block for 20 minutes. I'm late for an appointment, and if I don't park here I'll lose my job. Forgive us our trespasses."

When he came back he found a parking ticket and this note: "I've circled the block for 20 years, and if I don't give you a ticket, I'll lose my job. Lead us not into temptation."

Travel with a horse

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

"Well... Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"

Save the dead rabbit

A man was driving along the highway, and saw a rabbit hopping across the middle of the road. He swerved to avoid hitting the rabbit, but unfortunately the rabbit jumped in front of the car and was hit. The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road and got out to see what had become of the rabbit. Much to his dismay, the rabbit was dead. The driver felt so awful he began to cry.

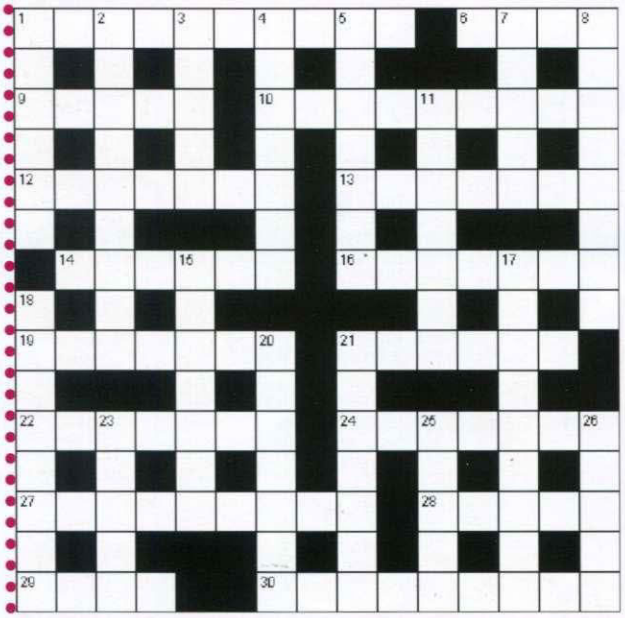
A woman driving down the highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained. "I accidently hit this rabbit and killed it."

The woman told the man not to worry. She knew what to do. She went to her car trunk and pulled out a spray can. She walked over to the limp, dead rabbit, and sprayed the contents of the can onto the rabbit. Miraculously, the rabbit came to life, jumped up, waved its paw at the two humans and hopped down the road. 50 feet away the rabbit stopped, turned around, waved at the two again, hopped down the road another 50 feet, turned, waved, and hopped another 50 feet. The man was astonished. He couldn't figure out what substance could be in the woman's spray can! He ran over to the woman and demanded, " What was in your spray can? What did you spray onto that rabbit?" The woman turned the can around so that the man could ad the label. It said:

"'Hare Spray' Restores Life to Dead Hare. Adds Permanent Wave."

Cross Word



Down

1 With Trinidad this forms an independent republic (6)
2 Its Europort complex makes it the world's largest oil refining centre (9)
3 The centre of a Roman amphitheatre (5)
4 Japanese west Pacific island and its main city (7)
5 The site of Carthage is in this North African country (7)
7 Capital of Normandy with a famous cathedral (5)
8 Japan's second largest city (8)
11 Mountainous, forested region of southern Germany (7)
15 Travel terminal (7)
17/16 Plateau near Quebec, scene of Wolfe's defeat of Montcalm (7,2,7)
18 The Romans called this country Caledonia (8)
20 Winter sports facility – for those who are about to go downhill! (3-4)
21 Too much of it could cost air passengers dear! (7)
23 Alpine mountain famous for its sheer north face (5)
25 3000 of them make up the natural wonder off the east coast of Queensland (5)
26 Preferred sort of holiday weather (for one sort of Muslim, we hear)? (5)

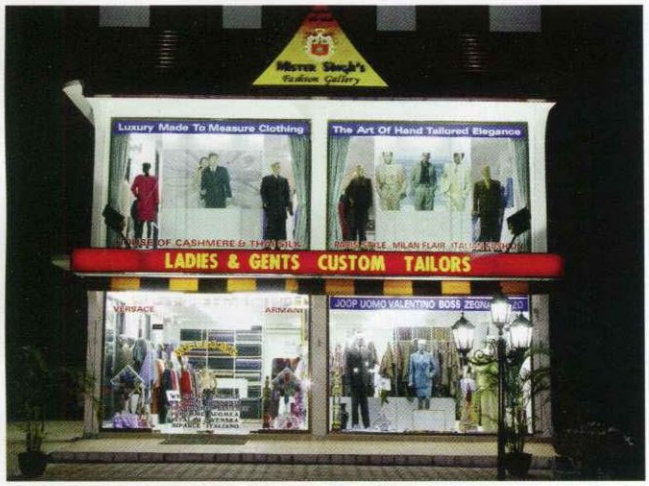
Across

1/6 China's men of clay, a major tourist attraction (10,4)
9 A mesa-like isolated hill, familiar in Colorado, Utah (5)
10 Capital of Austria's Tyrol (9)
12 This country is the southernmost of the Caribbean Windward Islands (7)
13 The last in number of Rome's hills? (7)
14 Ukraine's main port, on the Black sea (6)
16 See 17 Down
19 Navigational aid that might be boxed! (7)
21 Country occupying almost half of South America (6)
22 Hinterland of the South of France, so called because of the fierce noon-day sun (3,4)
24 Nepalese mountain people whose young men are prime British and Indian army recruits (7)
27 Tierra del Fuego is off the southern tip of this S. American country (9)
28 Main city of the German Ruhr region (5)
29 Benighted description once applied to the continent of Africa (4)
30 In sub-Saharan Africa there are 22 species of this carrier of sleeping sickness (6,3)

Answers on page 21.

Mister Singh's
FASHION GALLERY

Biggest Selection in Town
Professional Cut
Perfect Fit
Exclusive High Quality
After Sale Service



Thailand isn't just the land of exotic locations. As beautiful as the country is, that isn't the only reason people choose Thailand as their holiday spot. There's the internationally famous Thai cuisine, the luxury of massages and spas and something that you can't forget when on a vacation – the shopping, the excellent deals at the right prices. And since we're on that and you're in the kingdom, why not invest in a custom-made suit or for that matter any other piece of clothing BUT tailor-made so that it is personalized just for you.

Why tailor-made? There are lots of reasons. For one you wouldn't need to worry about how it fits - if the sleeves are too long or if the suit is too tight across the chest. You don't have to shorten the pants or tighten the skirt. What ever your body type is, suits can be made to fit and to flatter. Mr Singh, the owner of Mister Singh's Fashion Gallery located at 12/5 Petch Kasem Road in Khao Lak adds that that isn't the only good news. With excellent craftsmanship available at such affordable prices at his showroom that are even less than those you find off the rack, the value for money is just unbeatable! He doesn't fail to mention too that you may never find suits like these at such amazing bargains anywhere else.

For the last three decades, Mr Singh has been servicing international clients in the art of custom made clothing, ranging from diplomats and business leaders to professionals and civil servants. He remarks, "We have served over two million satisfied clients with hand-tailored clothes since 1965. Now, visitors to Khao Lak can take this chance to indulge in themselves by visiting our newly opened branch in the area". This is how the process works.

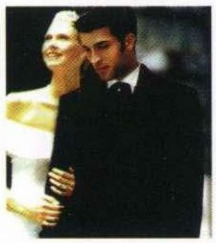
The first step is to select the aura & atmosphere: business, casual, classic, trendy summer or winter from our collection of fabrics. You will be surprised to see such a wide-ranging stock of fabrics at our showroom. From 100% cotton and linens to pure cashmere, alpaca wool, real kid mohair for suits and pure Egyptian and Swiss cottons and pinpoint oxford for shirts and 100% pure Italian cashmere for our overcoats. Not to mention pure Thai silk and silk blends. Once you've picked your choice of fabric, you choose your style: single breasted or double and the cut you prefer. You can also specify personal touches such as monograms and the lining color. For the shirts, choice of 12 different collar styles and 6 different cuff options.

After that, we take your body measurements; key measurements to ensure a perfect fit that will look and feel just right. You will actually be able to see and learn how your suits should and will fit. Every touch is your own, down to the working buttons on your coat sleeves — you choose every detail from silhouette to linings and lapels.

Every man no matter what his status requires at least one elegant, high quality suit in his wardrobe. Whether it's for work or a special occasion, everybody needs at least one suit that sets itself apart from the rest. One suit that bespeaks of quality, from the fabric used, to the way the suit drapes over your body like it had been "tailored" for you. For a woman, whether it's a flawless power-suit look or a perfectly crafted pair of trousers you're after, custom tailoring is the answer.

You can discuss with the staff at Mister Singh's exactly what you're looking for — suits, skirts, trousers, dresses, topcoats and jackets, it can all be made to your specifications and precise shape. You won't be alone: custom tailoring may be a menswear tradition, but women are currently the fastest growing clienteles for custom work.

So don't waste this opportunity. Now that you're in Khao Lak, go into Mister Singh's Fashion Gallery today and indulge a little in yourself. The good part is, this kind of indulgence isn't like any other. For one, it is more than affordable. You are made to feel like a king or queen at a very reasonable price giving you a fabulous value for money. You will be surprised at how long these clothes last and the quality of the craftsmanship. And the best part, when you're back home, all your friends and family are definitely going to ask you where did that beautiful new suit or dress or trousers come from. And you can proudly reply – Thailand, you should consider going there for a holiday sometimes. It's doesn't have just beautiful locations but beautiful clothes too. It's the sort of indulgence where there are no regrets or one, that is if you choose not to.



Willkommen Mister Singh's Mode Gallerie
Internationaler Damen-und Herrenmassschneider.
Die Kunst der handgeschneiderten Eleganz.

-Groesste Auswahl der Stadt - Professionaller Schnitt
-Perfekter Sitz -Exklusive Hoechste Qualitaet
Rufen Sie an fuer kostenlose abholung zu unserem Geschaeft

TERUETULOA MISTER SINGH'S FASHION GALLERAAN
TYYLIKKAASTI RAATALOITYA KASITYOAIDETTA
KANSAINVALTSTA MTESTEN JA NAISTEN MUOTIVAATTEITA
-KAUPUNGIN LAAJIN VALIKOIMA -AMMATTITATTOTSTA LEIKKAUSTA
-TAYDELLISESTI ISTUVAA -ERIKOISEN KORKEAA LAATUA
SOPIVUUS JA KORJAUS TAKUU

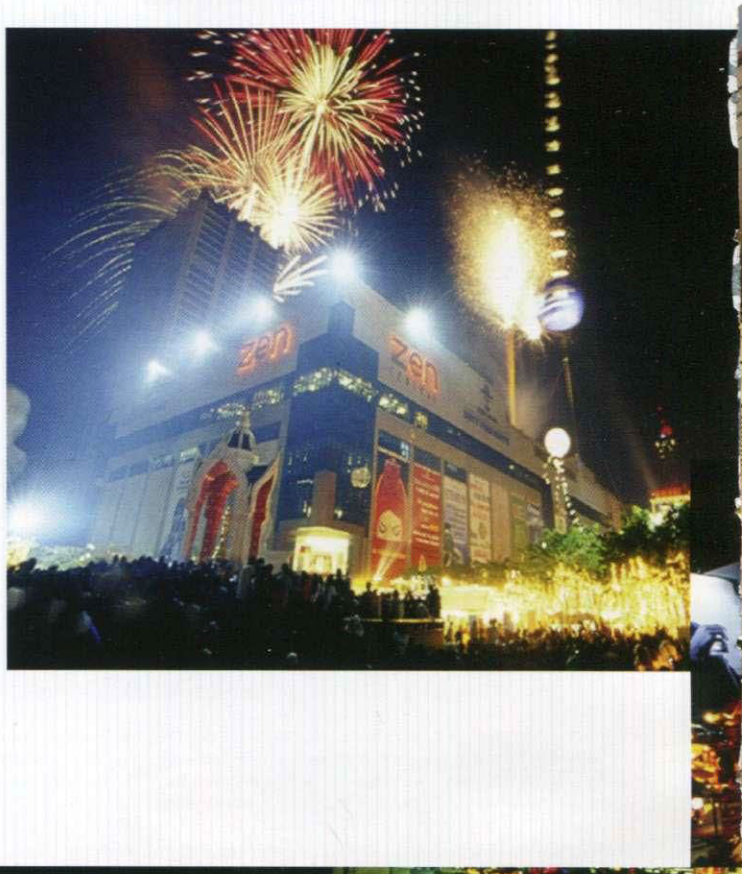
VILKOMMEN TIL MISTER SINGH'S FASHION GALLERY
JERES SKRÆSER KUNTSER
SARDELES GOD BAADE FOR DAMER OG HERRER SKRÆDERE
DET STORSTE OG BEDSTE UDVALG I BYEN
PROFESSIONELT SNIT
PERFEKT PASFORM
HØJ KVALITET
GOD SERVICE EFTER KØB

VALKOMMEN TILL MISTER SINGH'S FASHION GALLERY
SKRADDAR SYDD ELLEGANS
MED SKRADDAR SYDD KONSTNARLIG PERTEKTION
INTERNATIONELL DAM OCH HERR
SKRADDARE STORSTH UTBUDET STADEN
PROFFESIONEL TILLSKARNING
PERFEKT PASSFORM
EXKLUSIVT HOG KVALITET
LAMNAR KVALITETS GARANTI

New Year Countdown.

3, 2, 1, 0....!

Thailand is as cosmopolitan as you can get. I might even go as far as to assume it is one of the most cosmopolitan cities in Asia. This will perhaps explain to many puzzled visitors why at this time of the year in a Buddhist country one sees shopping centers decorated with fairy lights and Christmas trees. In the more upscale malls, you'll see gigantic creations of Santa and if you're lucky he's sitting on a sleigh waiting to be driven by his eight reindeers that come with the package.



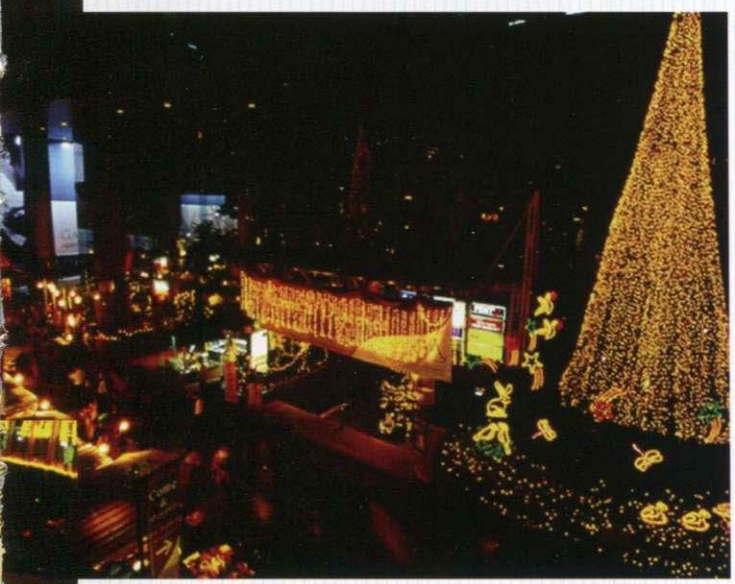
Christmas is celebrated here with as much joy and excitement, comparable to the cities in the West. The actual festival and its accompanying revelry though is limited largely to the expat community and the practicing Christians in the country. So if you're missing home and want the same feeling you will find a number of British and European restaurants and pubs that will fulfill your Christmas craving of turkey, mash potatoes and Christmas pudding.

The local Thai people however celebrate New Years more. During this time people, especially those who have moved away from home into cities looking for work take the time to go back and spend the holidays with their family. Since it is inherent in the Thai people that all festivals cannot do without huge feasts, without doubt there'll be lots of food involved. Local temples are filled with people coming in the hope of ensuring that their coming year will be a lucky one.

New Years is a celebration that Thais exchange gifts with each other similar to the tradition of gift exchange that is a part of Christmas all around the world. Perhaps that's why Thai malls are so well decorated because the season makes for huge profits for them.

At the stroke of midnight, like in other parts of the world it is quite common to see a display of fireworks all over the country. Hotels that arrange celebrations are the main sponsors of the beautiful firework display. The partying though continues way after the fireworks have died down. As long as the music continues and the drinks flow, the celebrations continue.

On January 1st or New Years Day, despite the long celebrations of the night before, temples again will be full of people making offerings of food and personal utilities to the monks. The items are usually packed and prepared days before the celebration of New Years begins except of course for the food that is made early in the morning.



The Thai people also like to start the year seeing the sunrise on New Years Day. Cities and provinces having sunrise points are absolutely packed, despite the early morning hours with people who cherish that one day when they just won't miss the sunrise. It is especially beautiful at viewpoints that overlook the sea or the Mekong River.

You will be interested to learn that in Thailand, there are actually three New Years. On January 1st, we celebrate the Western New Year, then on the first day of the First Lunar Month, usually in February we celebrate Chinese New Year and finally, in April between 13 and 15, it is the Thai New Year of Songkran, which as always is nothing less than exciting.

Coming back to being cosmopolitan, as a nation Thailand has borrowed and adapted many things from other cultures however maintained a very essential balance in preserving its own uniqueness. Christmas isn't the only international festival that is celebrated here. There is the usual Valentine's Day, April Fools day, Halloween and a number of other such festivals.

New Years however is by far the biggest one. But then again, now people all over the world celebrate it. Everybody loves a holiday in Thailand and New Years is a perfect time for it. The weather is good, the products and services are inviting, its definitely the place to be.

Hope you all have an exciting countdown. Wish you happiness and success for 2005.

HAPPY NEW YEAR! 2005

Krabi

Krabi – Hungry Travelers

The heading comes as a surprise doesn't it? But that's the beauty of Thailand. A province otherwise known for its towering limestone formations, a stunning coastline that is dotted with even more gorgeous tropical islands, palm fringed beaches and coral reefs will now feed the temptations of the hungry traveler.

Krabi also has a beautiful interior landscape with forested jungle area, waterfalls, mysterious caves, hidden lagoons and strange rock formations. When all of that is put together, one gets nothing less than paradise.

Before we dwell in the opportunities that Krabi provides for hungry travelers, lets first take a look at how Thailand as a country thinks about food. I'm not sure how many of you are aware but those of you who like food will be pleased to know that Thai people take eating very seriously. Food is available 24 hours a day for a nation that grazes constantly rather than sits down for three square meals a day.

When it comes to food, Krabi has the diversity in every sense. Once can easily see that in the tourist center of Ao Nang for instance. You will find restaurants serving a large variety of food including Italian, seafood, Japanese, Tex-Mex, steakhouses, Swiss, German, Indian and even English pub grub. Though I'm quite sure you're not here to witness the influx of 'foreign food'.

So for a real taste of Thailand, I'll suggest you venture out to more than the tourist places. Take a trip to Krabi Town, a real food lovers paradise. Krabi Town boasts the region's best Thai restaurants (the exquisite Ruen Mai, Ruen Tip and Jao Sua), as well as countless small, cheap local eateries, food stands and the famous night market.

It is also home to two Krabi institutions: Viva Ristorante, with arguably the best pizza in the province; and Cafe Europa, a Scandinavian restaurant, which doubles as a friendly meeting point and mine of (free) tourist information from the owners. In short, if you are serious about food, a trip to Krabi Town is a must.

Local markets

Local markets are not just places where you'll get to sample authentic Thai food like the Thai people love it but it also offers a wonderful insight into the life of Krabi people. Spend an afternoon strolling around the stalls and you'll see as many different ages and characters as the variety of produce on display. On a practical level, the market is also a great place to pick up picnic food for the beach or just grab a tasty snack. The stalls - and street food in general in Thailand - are safe and hygienic. The food is also very cheap, so don't be afraid to experiment.

You'll find many dishes here that are rarely seen on restaurant menus, which is why even rich businessmen will willingly sit at the plastic tables next to the local farmer in order to sample a particular stall's specialty. Like I mentioned earlier, most Thai people like to nibble throughout the day rather than eat three regular meals, which means there is an ample choice of snacks in any market.

Fresh tropical fruit provides relief from the afternoon heat; charcoal-grilled skewers of chicken make excellent picnic material. Larger appetites can be tempted by large pots of steaming curry, bowls of noodle soup or the Muslim delicacy of yellow chicken and rice, *khao mok gai*. Banana-leaf packages contain Thai sweets, usually made from glutinous rice and coconut or various syrups.

Let your eyes and nose guide you and you will be in for some tasty treats. Don't worry about speaking Thai - pointing to what you want usually suffices and some stallholders will even be able to speak a little English.

Thai cookery classes

If the fiery yet delicate taste of Thai cuisine has got you hooked, you may want to learn some skills that will allow you to reproduce the same wonderful flavors back home. Cookery classes are a relatively recent phenomenon in Krabi but you will certainly get to learn the basics such as the balancing of sweet, hot, sour and salty flavors and some of the methods used to cook - stir-frying, curries, soups and salads.

Most chefs will also teach you about the wide range of ingredients used and be able to suggest substitutes for use in your home country where fresh herbs may be hard to come by (though we advise you to stock up at the local market). Even if you are not a skilled Thai chef at the end of the course (normally half to one day), it's a fun way to learn with a small group of people - and of course, you get to eat your efforts at the end of the day.

See a different side of Krabi, taste the local cuisine!

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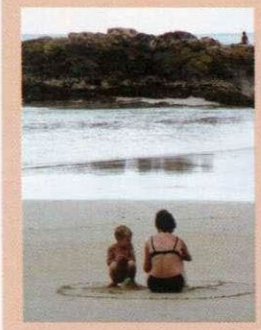
Activities in Phuket

As the year draws to an end, we see more and more people traveling to Phuket. December being one of the peak months sees the island packed with visitors from all over the world. The past couple of years have seen more families traveling to this island paradise than ever before.

If that's the case, parents are always interested to know what's in store for their children. What activities can they do as a family etc. So at Khao Lak Inside we decided it would make an excellent story to cover some interesting activities the children can enjoy while in Phuket.

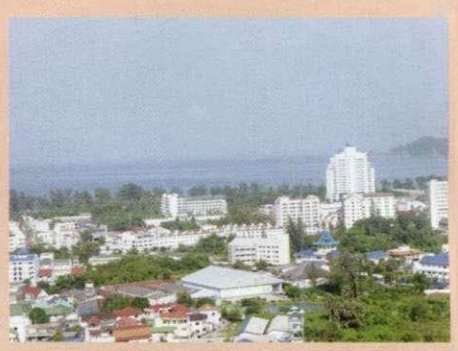
The big picture of Phuket as a family destination says it's a great place for those



holidaymakers seeking the outdoors. Lazing on the beach, making sandcastles, collecting shells, long walks, playing in the surf… you'll get all that.

Phuket's brand as a family destination is taken very seriously. You'll see that most of the major hotels have a kid's club with facilities and activities that if the parents wanted to leave their children in the hotels for some private time for themselves they can do that. Some hotels provide adventure activities that is similar to a boot camp but without the rigid colonel yelling. Usually the activity is conducted as a group that is divided into two or more teams and the competition sees which team is able to first complete the tasks. For those less adventurous there is usually a playground or more artistic stuff like T-shirt painting etc.

But back to the outdoors, Phuket offers so much choice. Many of these activities can be enjoyed by both adults and children.



For instance local sightseeing tours and snorkeling trips, ten-pin bowling, water skiing and mini golf.

Children, especially the older ones, will enjoy many of the local sightseeing tours. Phang Nga Bay with its stunning limestone formations gets visits from so many families. They are taken on a local longtail boat through the mangroves, while the Phi Phi island tours have some great snorkeling in shallow water.

Nearby Phuket are a number of national parks like Khao Sok Naional Park where you can take adventure tours for a day or stay overnight in the forest. Eco-tours offer a variety of activities including rafting, kayaking, elephant riding, trekking and bird watching.

If you want a private tour on the water for just your family, there are many tour operators who customize the most interesting tours just for you on what you want. Many of them include boat trips to nearby islands, here the children can spend the afternoon snorkeling, swimming or just lazing in the sand.

Phuket is also a great place to learn a new skill, especially in the water. Children over 12, can take a PADI dive course and learn to dive in Phuket's 28C warm water. PADI courses with licensed instructors operate year round and are great value for money.

In short, activities can be summarized as follows for different age groups.

Ages 4 - 8

- Phuket offers lots of activities for families with younger children, including visits to the Phuket Zoo where children get close-up encounters with animals from the Southeast Asian region as well as crocodile shows that also have tame tigers who will pose for a photo with you.

- There is a Butterfly Garden and Aquarium just north of Phuket Town that will again make another interesting trip. Children will also love the elephant rides and perhaps the Snake Show.
- For such young children there are a number of Indoor playgrounds with rides at the major hypermarkets on the edge of Phuket town.

Ages 8 - 12

- Your children would love to try their hands at golf so the many mini golf sites make for great fun.
- Paintball is another amusing activity that this age group would definitely enjoy. It is located at The Phuket Shooting Range in Chalong.
- Bicycling around also makes for a great experience. Mountain bikes can be rented at Mike's Bikes in Chalong, the Bike Shop in Phuket. Many hotels also have bikes for hire.
- A miniature track for all those F1 enthusiasts, try the Go-Kart Speedway.
- Horseriding at the Phuket Riding Club in Chalong or Phuket Laguna Riding Club in the north of Phuket.
- An education trip would be to the Gibbon Rehabilitation Project at Khao Phrae Thaew National Forest.
- Also the Marine Biological Centre at Cape Panwa.
- Cable water skiing at Kathu Water-ski Park.
- Phuket FantaSea cultural theme show at Kamala Beach.

Ages 12 - 16

- Hiking or trekking trips
- Bowling
- Video arcades at found at different shopping plazas.
- Rock climbing and abseiling.
- Snorkeling.
- Sea Canoeing at various venues in Phang Nga Bay.
- Cable water skiing and wakeboarding at Phuket Water Ski in Kathu.
- Scuba diving and PADI certification, for kids aged 12+.
- Big game fishing.
- Bungy-jumping at Tarzans Jungle Bungy Jump for those aged 13+.
- Sunsail offers 5-day courses in sailing, but kids must be accompanied by an older family member.
- Phuket FantaSea cultural theme show at Kamala Beach.

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Answers to Cross Word from pg 14.

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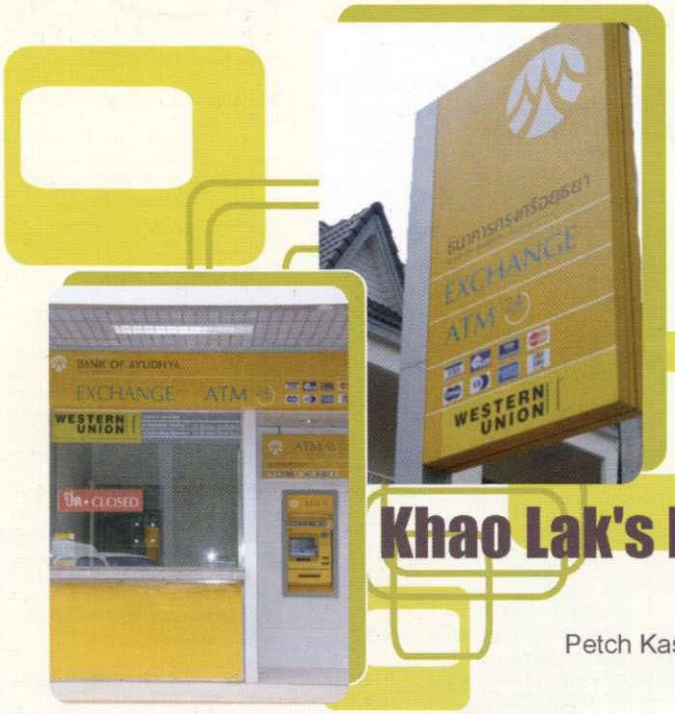

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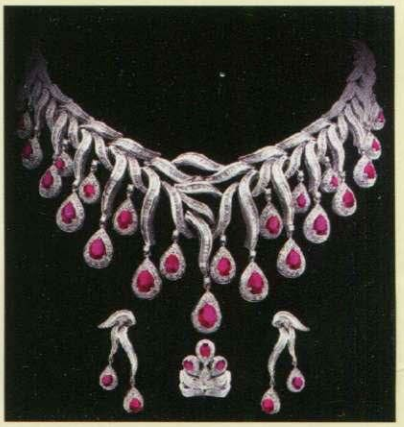

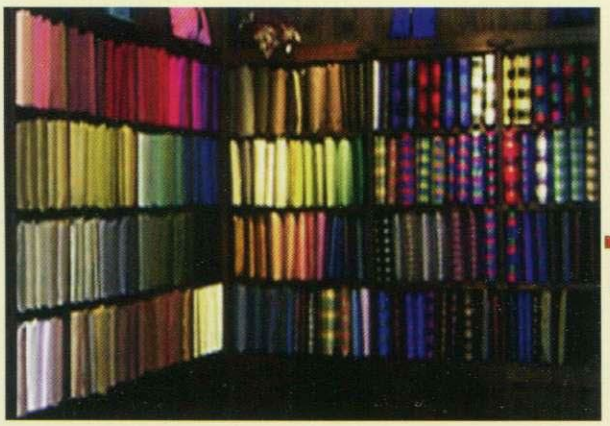

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